

# General Tso's Chicken

**Type:** Main      **Serves:** 30 tastes      **Recipe source:** Wok Cookbook  
**Fresh from the garden:** spring onion, dried citrus peel, ginger

## EQUIPMENT:

Knife  
Chopping board  
Bowls  
Wooden spoon  
Measuring cups & spoons  
Wok/frypan  
Serving spoon

## INGREDIENTS:

2 tablespoons rice wine  
1 tablespoon cornflour  
1/3 cup (80ml) soy sauce  
3 teaspoons sesame oil  
900g chicken thigh fillets, cut into 3cm cubes  
½ cup oil  
1 1/2 - 2 teaspoons chilli flakes  
2 tablespoons finely chopped ginger  
1 cup thinly sliced spring onions  
2 teaspoons sugar  
Thinly sliced spring onion to garnish

## What to do:

1. Combine the rice wine, cornflour, 2 tablespoons of soy sauce and 2 teaspoons of sesame oil in a large bowl.
2. Toss the chicken and marinade.
3. Meanwhile soak the dried citrus peel in warm water for 20 minutes.
4. Remove from water and finely chop.
5. Heat the oil in the wok/frypan over high heat.
6. Drain the chicken from the marinade and stir fry the chicken in batches for 2 minutes or until browned.
7. Drain all the oil except 1 tablespoon from the wok.
8. Reheat the wok over high heat then add the chilli flakes and ginger.
9. Stir fry for 10 seconds then return the chicken to the wok.
10. Add the spring onion, sugar, soaked citrus peel, remaining soy sauce and sesame oil and ½ teaspoon salt.
11. Stir fry for a further 2-3 minutes or until well combined and warmed through.
12. Garnish with spring onion and serve with rice.

# Marshmallow Pavlova

**Type:** Dessert **Serves:** 30 tastes (18cm circle) **Recipe source:** Quick Short Recipes  
**Fresh from the garden:** eggs, strawberries, kiwi fruit, passionfruit

EQUIPMENT:	INGREDIENTS:
Knife Chopping board Bowls Baking tray Electric mixer Spoon Spatula	4 eggs 1 cup caster sugar $\frac{1}{2}$ teaspoon vanilla extract $\frac{3}{4}$ teaspoon white vinegar

## What to do:

1. Preheat oven to 120 degrees celcius.
2. Line oven tray with foil, grease foil, dust with cornflour, shake away excess.
3. Mark 18cm circle on foil.
4. Beat egg whites in a small bowl with electric mixer until soft peaks form.
5. Gradually add sugar, beating until sugar dissolves.
6. Add vanilla extract and vinegar and beat until combined.
7. Spread meringue over circle on foil, building up at the side to 8cms high.
8. Smooth side and top of pavlova gently.
9. Using spatula blade, make decorative grooves around side of pavlova, smooth top again.
10. Bake about 1  $\frac{1}{2}$  hours.
11. Turn off oven; cool pavlova in oven with door ajar.
12. When pavlova is cold, cut around the top edge (the crisp meringue top will fall slightly on top of marshmallow).
13. Serve topped with whipped cream and strawberries, sliced kiwi fruit and passionfruit pulp.

# Baked Potatoes with Grilled Cheese & Spring Onion

**Type:** Entree or Main    **Serves:** 30 tastes    **Recipe source:** Just 4 Ingredients  
**Fresh from the garden:** mangoes, limes, baby cos lettuce

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Knife Chopping board Bowls Wooden spoon Measuring cups & spoons	1 potato per person (at least 30) 1 spring onion (1 per 4 potatoes) Tasty cheese 1 tablespoon butter (for every 2 potatoes) Freshly ground black pepper

## What to do:

1. Preheat the oven to 200 degrees celcius.
2. Make sure potatoes have been washed and scrubbed with a brush or scourer.
3. Prick each potato a few times with a fine skewer.
4. Place the potatoes on the baking tray and bake for 1 hour.
5. Remove the potatoes from the oven and allow to cool.
6. Finely chop the spring onion.
7. Grate the cheese.
8. Cut the cooled potato in half lengthways.
9. Carefully scoop the centre using a teaspoon.
10. Place the scooped potato into a bowl.
11. Mash the potato and add the butter, spring onion and half of the cheese.
12. Add salt and pepper if needed.
13. Carefully spoon the filling back into the potato skins and return them to the baking tray.
14. Sprinkle the leftover cheese over the top and a small amount of butter.
15. Bake for 15 minutes or until golden brown.

# Spaghetti Bolognese

**Type:** Main      **Serves:** 30 tastes      **Recipe source:** Quick Short Recipes  
**Fresh from the garden:** onion, garlic, tomatoes, basil, oregano

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Knife Chopping board Bowls Wooden spoon Measuring cups & spoons Frypan Serving spoon	2 tablespoons oil 1 onion, chopped 2 cloves garlic, crushed 500gm beef mince 425g canned tomatoes $\frac{1}{2}$ cup tomato paste 1 teaspoon basil 1 teaspoon oregano 375g spaghetti 1 cup grated parmesan cheese

## What to do:

1. Heat oil in a large frypan and add onion and garlic.
2. Stir over medium heat for 2 minutes or until tender.
3. Add mince and cook over high heat for 3 minutes until well browned.
4. Use a fork to break up any large lumps of mince.
5. Add undrained canned tomatoes, tomato paste, oregano and basil and bring to the boil.
6. Reduce heat to low and simmer, uncovered, stirring occasionally for 1 hour or until sauce has thickened.
7. About 20 minutes before end of cooking time, add spaghetti to a large pot of rapidly boiling water and cook until just tender.
8. Drain.
9. Serve and sprinkle with cheese.

# Smoked Chicken & Mango Salad

**Type:** Entree or Main    **Serves:** 30 tastes    **Recipe source:** Just 4 Ingredients  
**Fresh from the garden:** mangoes, limes, baby cos lettuce

## EQUIPMENT:

Knife  
Chopping board  
Food processor  
Bowls  
Wooden spoon  
Measuring cups & spoons

## INGREDIENTS:

2 medium mangoes, chopped coarsely  
 $\frac{1}{4}$  cup (60ml) lime juice  
2 baby cos lettuce  
410g smoked chicken breast, sliced thinly

## What to do:

1. Blend or process mango and juice until smooth.
2. Season to taste.
3. Divide lettuce and chicken among serving plates, drizzle with mango dressing.